Art4Wellbeing

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Session 2

Self-Confidence: My Voice, My Story

Exploring who I am, valuing my experiences, and expressing my story through creative and artistic tools.

Art Forms Used in This Session

- **Visual Arts** (drawing, collage)
- **Storytelling** (written & spoken)
- **Drama & Movement** (role play, embodiment)

Main Objective

- Strengthen self-confidence and self-awareness
- Encourage young people to express their voice and personal story
- Value diverse experiences and perspectives
- Build empathy and connection within the group

Target Group

Young people (14–30)
Adaptable for diverse groups

Total Duration

90 minutes

Materials (overall)

- Papers, markers, coloured pens
- Magazines (for collage), scissors, glue
- Sticky notes, cards
- Sheets for storytelling (templates optional)
- Open space for movement
- Printed handouts (optional)

Time	Activity & Title	Purpose	Instructions (Key Steps)	Facilitator Prompts
10 min	2.1 **Check-in & Warm-up** My Voice Has a Shape 	• Energize the group • Connect voice, body and identity • Increase awareness of self-expression	1. Stand in a circle. 2. Invite each person to say their name with a movement and a sound/gesture that shows how they feel today. 3. The group repeats the name and movement together.	• "Say your name in a way that shows how you feel today – it can be a gesture, a sound or a movement." • "Let's repeat it together!" • "Feel free to be creative – there is no right or wrong."
15 min	2.2 **A Symbol That Speaks for Me** Creative Introduction 	• Explore personal identity and strengths • Encourage sharing through images • Build active listening and respect	1. Spread image cards or magazines. 2. Invite participants to choose an image that represents them today. 3. In small groups or in the circle, each person shares: Why this image? What does it say about me?	• "Take a few moments to look at the images. Choose one that speaks to you." • "What does this image represent about your life, your interests or your strengths?" • "Let's listen without interrupting."
35 min	2.3 **My Voice, My Story** Storytelling & Creative Expression 	• Share personal stories and experiences • Strengthen self-confidence and sense of value • Express emotions creatively	1. Invite participants to create a short story about a meaningful moment in their life (a challenge, a change, a success, or a turning point). 2. They can write, draw, or create a collage. 3. In pairs or small groups, participants share their story. (Voluntary sharing in the large group if they feel comfortable.)	• "Think of a moment in your life that changed you, made you stronger or taught you something important." • "You can tell your story through words, drawings, symbols or a collage." • "What did you feel? What did you learn? How did it shape who you are today?"
20 min	2.4 **The Echo of Strength** Role Play & Embodied Storytelling 	• Revisit stories through creative embodiment • Highlight personal strengths and resources • Build empathy and group connection	1. In small groups, choose one element from your story (e.g. a challenge, a strength or a turning point). 2. Create a short role play, tableau or movement sequence to express this part of your story. 3. Share with the group (optional).	• "Choose a moment or message from your story." • "How can you show this through movement, posture or a short role play?" • "What strength or resource helped you in this moment?"

10 min	2.5 **Session Evaluation & Closing**
	Carrying My Voice Forward
	
		• Reflect on today's session
		• Give feedback
		• Close with a positive message
			1. Invite participants to write or draw:
			  • one thing they enjoyed,
			  • one thing they learned,
			  • one word for how they feel now.
			2. Share in a circle (if they wish).
			3. End with a group cheer or gesture.
				• "What is one word that describes how you feel after today's session?"
				• "What did you enjoy the most?"
				• "What did you learn about yourself or others?"
				• "Let's close with a positive gesture or word to carry with us."

Facilitator Tips

- Create a safe, inclusive and non-judgmental environment.
- Encourage voluntary sharing – respect different comfort levels.
- Use creative methods flexibly and adapt to the group's needs.
- Be aware of emotional boundaries and provide support if needed.
- Celebrate all forms of expression and participation.

Key Messages for Participants

- Your story matters.
- There is no right or wrong way to express yourself.
- Everyone has strengths and unique experiences.
- Creativity helps us find and share our voice.
- We learn and grow together.

Follow-up (Optional)

- Invite participants to keep their story or artwork in a personal journal.
- Encourage them to reflect on how they can use their voice in daily life.